

# Twin Pines Newsletter

February & March 2015



Twin Pines Senior & Community Center  
20 Twin Pines Lane, Belmont, CA 94002  
(650) 595-7444  
chandley@belmont.gov



**OPEN**

**Monday - Friday,  
8:30am - 4:00pm**

*The Twin Pines  
Senior and Community Center,  
located in beautifully wooded Twin  
Pines Park provides a variety of  
programs and services to the  
community. There is no  
membership fee and all are wel-  
come!*



**Read this online at  
[www.belmont.gov/adults](http://www.belmont.gov/adults)**

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# We're here for you

Operated by the City of Belmont, the Twin Pines Senior & Community Center provides a variety of programs and services to the community. The programs we sponsor include classes, lunches, lectures, social services, special events and recreational activities. There is no membership fee to come to the Center. There are clubs that hold their monthly meetings and activities at our facility, which you are welcome to join. There is something for everyone at the Twin Pines Senior and Community Center --- WE'RE HERE FOR YOU!

## STAFF

**Cheri Handley, Recreation  
Supervisor**

**Andrea De Lara, Recreation  
Coordinator**

**Mark Bernardi, Transportation**

**Richard St.Claire, Transportation**

**Natalie Gore, Nutrition Site  
Manager**

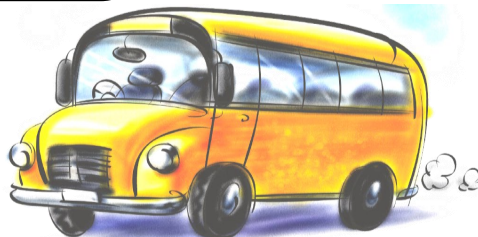
## Senior Citizens Advisory Committee

**Ray Loya, Chair  
Cheri Handley, Secretary**

**Rich Bortoli  
Carmen Dostie  
Frank Rausch**

**Lu Krueger  
Patricia Lauricella**


**Dave Karlin  
Eric Reed  
Sirinee Tippakorn**



## Twin Pines Senior Shuttle Transportation

The City of Belmont has a wheelchair & scooter- accessible van available to bring adults 60+ who reside in Belmont to and from the Twin Pines Senior & Community Center. The transportation is available Monday through Thursday between the hours of 9am and 1pm. Transportation will also be available for special events. For more information, call (650) 595-7444. There is a suggested donation of \$1 for a one-way ride or \$2 for a round-trip ride.

# Twin Pines Senior & Community Center ~ February 2015 ~

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat <b>1:00 Book Club (S)</b> 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	<b>3</b> <b>9:00 Mindful Meditation</b> 9:30 Walking Group 9:30 Gentle Tai Chi (S) <b>10:00 Matter of Balance (S)</b> 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Classic Movie 12:30 Needlecrafts Group	<b>4</b> 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics <b>10:00 Computer Tutor (S)</b> 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts 2:30 Stories from the Road (S)	<b>5</b> 9:30 Walking Group 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge <b>1:00 Art Group</b>	<b>6</b> 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:00 BINGO
<b>9</b> 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat <b>10:00 Ukulele Sing Along</b> 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	<b>10</b> 9:30 Walking Group 9:30 Gentle Tai Chi (S) <b>10:00 Matter of Balance (S)</b> 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Foreign Film 12:30 Needlecrafts Group	<b>11</b> 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics <b>10:00 Computer Tutor (S)</b> 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts 2:30 Stories from the Road (S)	<b>12</b> 9:30 Walking Group 9:30 Canasta 11:00 Beat Arthritis (R) <b>11:30 Birthday Lunch (S)</b> 12:15 Wii Bowling 12:30 Bridge <b>1:00 Art Group</b>	<b>13</b> 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:30 Ping Pong! 1:30 Mahjong <b>2:00 Valentine Dance!</b>
<b>16</b> <div>Center Closed for President's Day</div> 	<b>17</b> <b>8:30 Blood Pressure Clinic</b> 9:30 Bread Program 9:30 Walking Group 9:30 Gentle Tai Chi (S) <b>10:00 Senior Club Meeting</b> <b>10:00 Matter of Balance (S)</b> 10:00 English Class <b>10:30 Hearing/Hearing Aid Clinic</b> 11:30 Lunch Program (S) 12:00 Canasta 12:15 Classic Movie <b>12:30 New! Village Info Session</b> 12:30 Needlecrafts Group	<b>18</b> 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics <b>10:00 Computer Tutor (S)</b> 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts 2:30 Stories from the Road (S)	<b>19</b> 9:30 Walking Group 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge <b>1:00 Art Group</b>	<b>20</b> 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:00 BINGO
<b>23</b> 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat <b>10:00 Opinion Exchange w/ Jim Dunbar</b> <b>10:00 Stamp Collectors</b> 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	<b>24</b> 9:30 Walking Group 9:30 Gentle Tai Chi (S) <b>10:00 Matter of Balance (S)</b> 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Foreign Film 12:30 Needlecrafts Group	<b>25</b> 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics <b>10:00 Computer Tutor (S)</b> 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts 2:30 Stories from the Road (S)	<b>26</b> 9:30 Walking Group 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge <b>1:00 Art Group</b>	<b>27</b> 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:30 Ping Pong! 1:30 Mahjong

*\*Some activities require Signing up (S), some require Registration with Parks & Recreation (R), some are drop-in*

*\*Activities are subject to change. Please call 595-7444 to confirm.*

# Twin Pines Senior & Community Center ~ March 2015 ~

Monday			Tuesday			Wednesday			Thursday			Friday		
2	9:30	Bread Program	3	9:00	<b>Mindful Meditation</b>	4	8:45	Strength Training	5	9:30	Walking Group	6	9:30	Chair Yoga
	9:30	Video Aerobics		9:30	Walking Group		9:30	Bread Program		9:30	Canasta		10:40	Mandarin Conversation
	9:30	Italian Chat		10:00	<b>Matter of Balance (S)</b>		9:30	Video Aerobics		11:30	Lunch Program (S)		1:00	Go 4 Life Fitness Video
	10:00	Spanish Chat		10:00	English Class		10:00	<b>Computer Tutor (S)</b>		12:15	Wii Bowling		1:00	BINGO
	1:00	<b>Book Club (S)</b>		11:30	Lunch Program (S)		10:30	Spanish Class		12:30	Bridge			
2:00	Beat Arthritis (R)		12:00	Canasta		11:30	German Class		1:00	<b>Art Group</b>				
	French Chat			12:15	Classic Movie		12:15	New Movie						
	Sit N' Be Fit Video			12:30	Needlecrafts Group		12:30	Pinochle/Hearts						
							2:30	Stories from the Road (S)						
9	9:30	Bread Program	10	9:30	Walking Group	11	8:45	Strength Training	12	9:30	Walking Group	13	9:30	Chair Yoga
	9:30	Video Aerobics		9:30	Gentle Tai Chi (S)		9:30	Bread Program		9:30	Canasta		10:40	Mandarin Conversation
	9:30	Italian Chat		10:00	<b>Matter of Balance (S)</b>		9:30	Video Aerobics		11:30	<b>Birthday Lunch (S)</b>		1:00	Go 4 Life Fitness Video
	10:00	<b>Ukulele Sing Along</b>		10:00	English Class		10:00	<b>Computer Tutor (S)</b>		12:15	Wii Bowling		1:30	Ping Pong!
	10:00	Spanish Chat		11:30	Lunch Program (S)		10:30	Spanish Class		12:30	Bridge		1:30	Mahjong
1:00	Beat Arthritis (R)		12:00	Canasta		11:30	Zumba Gold (R)		1:00	<b>Art Group</b>				
	2:00	French Chat		12:15	Foreign Film		11:30	German Class						
	Sit N' Be Fit Video			12:30	Needlecrafts Group		11:30	Lunch Program (S)						
							12:15	New Movie						
							12:30	Pinochle/Hearts						
16	9:30	Bread Program	17	8:30	<b>Blood Pressure Clinic</b>	18	8:45	Strength Training	19	9:30	Walking Group	20	9:30	Chair Yoga
	9:30	Video Aerobics		9:30	Bread Program		9:30	Bread Program		9:30	Canasta		10:40	Mandarin Conversation
	9:30	Italian Chat		9:30	Walking Group		9:30	Video Aerobics		11:30	Spring Training Lunch (S)		1:00	Go 4 Life Fitness Video
	10:00	Spanish Chat		10:00	<b>Senior Club Meeting</b>		10:00	<b>Computer Tutor (S)</b>		12:15	Wii Bowling		1:00	BINGO
	1:00	Beat Arthritis (R)		10:00	English Class		10:30	Spanish Class		12:30	Bridge			
2:00	French Chat		11:30	Lunch Program (S)		11:30	Zumba Gold (R)		1:00	<b>Art Group</b>				
	Sit N' Be Fit Video			12:00	Canasta		11:30	German Class						
				12:15	Classic Movie		11:30	Lunch Program (S)						
				12:30	Needlecrafts Group		12:15	New Movie						
							12:30	Pinochle/Hearts						
23	9:30	Bread Program	24	9:30	Walking Group	25	8:45	Strength Training	26	9:30	Walking Group	27	9:30	Chair Yoga
	9:30	Video Aerobics		9:30	Gentle Tai Chi (S)		9:30	Bread Program		9:30	Canasta		10:40	Mandarin Conversation
	9:30	Italian Chat		11:30	Lunch Program (S)		9:30	Video Aerobics		10:00	<b>Meet Your Librarians!</b>		1:00	Go 4 Life Fitness Video
	10:00	Spanish Chat		12:00	Canasta		10:00	<b>Computer Tutor (S)</b>		11:30	Lunch Program (S)		1:30	Ping Pong!
	10:00	<b>Opinion Exchange</b>		12:15	Foreign Film		10:30	Spanish Class		12:15	Wii Bowling		1:30	Mahjong
10:00	<b>w/ Jim Dunbar</b>		12:30	Needlecrafts Group		11:30	Zumba Gold (R)		12:30	Bridge				
	<b>Stamp Collectors</b>			Senior Advisory Meeting			11:30	German Class						
	2:00	French Chat					11:30	Lunch Program (S)						
	Sit N' Be Fit Video						12:15	New Movie						
							12:30	Pinochle/Hearts						
30	9:30	Bread Program	31	9:30	Walking Group									
	9:30	Video Aerobics		9:30	Gentle Tai Chi (S)									
	9:30	Italian Chat		10:00	<b>Matter of Balance (S)</b>									
	10:00	Spanish Chat		11:30	Lunch Program (S)									
	1:00	Beat Arthritis (R)		12:00	Canasta									
2:00	French Chat		12:15	Classic Movie										
	Sit N' Be Fit Video			12:30	Needlecrafts Group									

*\*Some activities require signing up (S), some require Registration with Parks & Recreation (R), some are drop-in*  
*\*Activities are subject to change. Please call 595-7444 to confirm.*

# Senior Safety

*Keeping you up-to-date on the latest scams  
and frauds.*

## TAX SCAM

**The IRS is warning the public  
of the following:**

“If someone calls you unexpectedly claiming to be from the IRS with aggressive threats if you don’t pay immediately, it’s a scam artist calling,” IRS Commissioner John Koskinen said in a statement. “The first IRS contact with taxpayers is usually through the mail. Taxpayers have rights, and this is not how we do business.”

- Scammers routinely alter caller ID numbers to make it look like the IRS is calling.
- Scammers press you to divulge personal information over the phone
- IRS never calls to demand immediate payment & never requires payment without the opportunity to appeal. It also does not demand a specific method of payment, ask for credit/debit card numbers over the phone or threaten to call in law enforcement if payment is not received.

More information on tax payments can be obtained by calling 800-829-1040. Scams can be reported online at [tigta.gov](http://tigta.gov) or by calling 800-366-4484

SAVE  
THE EARTH



*Ensuring a future for our children's  
children.*

## EASY-PEASY GUIDE FOR

### COMPOST:

- Food scraps
- Any paper material with food or stains in it.  
i.e. pizza boxes, paper plates, napkins, tissues, tea bags, coffee filters & grounds

### RECYCLING

- Any hard plastics  
i.e. bottles, utensils, caps, boxes, office supplies
- Aluminum foil
- Glass bottles or jars
- Paper material: newspapers, notepaper, magazines

### WASTE

- Any soft plastics:  
i.e. Plastic wrap, bags
- Milk cartons

# TIP:

**(S)** = Activity requires Signing Up

**(R)** = Activity requires Registration with Parks & Rec

**Blank** = Drop-Ins are welcome

## Lifelong Learning

**NEW!**

### *Theater Works Silicon Valley Presents: Stories from the Road (S)*

**Wednesdays, January 21 to March 4  
(no class 2/18)**

Stories from the Road is a new writing and storytelling workshop for adults 62 and over, guiding participants through a fun process of writing a personal story and bringing their tales to life through their voices. No former writing or performance experience necessary- just a desire to tell your story and be heard. Class will be held on Wednesdays from 2:30-4pm, January 21 to March 4 (no class 2/18). Phone 595-7444 to sign up for this FREE class. Participants will receive a complimentary ticket to a TheaterWorks Silicon Valley production.

### *AARP Tax Assistance (S)* **Mondays, February 2 – April 13**

AARP will again come and visit to offer FREE tax preparation assistance at the Twin Pines Senior & Community Center. This service is available to low and moderate income taxpayers, with special attention to those ages 60 and older. BY APPOINTMENT ONLY! Don't wait until last minute and call 595-7444 (No appointments February 16)

*The Center will be closed  
on Monday, February  
16 for President's Day.*

# Lifelong Learning

## **NEW! INTRODUCING:**

### **SEQUOIA VILLAGE**

#### **Neighbors Helping Neighbors**

**SEQUOIA VILLAGE** is a non-profit, membership organization serving Belmont, San Carlos, Redwood City, and Redwood Shores with plans to open in the Summer 2015.

**Learn how** a group of like-minded people in your community have seized upon an idea that meets the needs of our growing aging population.

**Learn how** being a part of Sequoia Village can make a positive difference in your life and the lives of your family members, your friends, and your neighbors.



**Learn how** Sequoia Village will offer volunteer and affordable services that would include: transportation, simple maintenance, and more.



### **JOIN US FOR AN INFORMAL INFORMATION SESSION**

#### **WHERE**

Twin Pines Senior &  
Community Center  
20 Twin Pines Lane  
Belmont, CA  
Phone: 650-637-2976

#### **WHEN**

4th Thursday of the  
Month  
1-3pm  
Next date: March 26

**RSVP** at the front desk of the Twin Pines Senior & Community Center.

Website: [www.sequoiavillage.org](http://www.sequoiavillage.org) Email: [info@sequoiavillage.org](mailto:info@sequoiavillage.org) Phone: 650-260-4569

# Lifelong Learning

## Book Group (S)

**First Monday of the month at 1pm**

**Next sessions: Feb 2 & Mar 2**

Join our local Belmont librarian Mary Frances in reading and discussing the novel of the month. **FREE** and all readers are welcome.

Sign up at the Front Desk or call 595-7444



## OPINION EXCHANGE With Jim Dunbar

**4th Monday of each month, 10am**

Jim Dunbar of KGO radio fame will lead this engaging program. Each session will include discussion and commentary on current events. Stay current on local and global events at Twin Pines! **FREE.**



## Meet Your Librarians

**Thursday, March 26**

**10am**

**NEW!**

Come and find out what is going on at your local library! Five librarians from the beautiful Belmont Library will be joining us to discuss all the interesting and exciting events happening at the library. Please feel free to voice your own ideas for ways they can improve their services and outreach to our Center.

We look forward to seeing you there!

## STAMP COLLECTORS meet

on the 4th Monday of each month at 10am. You can drop in and bring any stamps you find.



# Lifelong Learning

## Computer Classes (S)

### Belmont Library

The Belmont Library also offers drop-in computer classes every Wednesday at 10:30am.  
Location: 1110 Alameda de las Pulgas (right off of Ralston) Call 591-8286 for more info.

### Twin Pines

#### iPad/Tablet, Laptop, Internet class

- by appointment only
- held Thursday afternoons
- bring your own equipment (for iPad/Laptop class)
- Sign up at Center or call 595-7444



#### Computer Tutor

- Wednesdays 10am
- Sign up
- Learn specific tasks like how to write a letter in Word, use Excel, or set up online Accounts.

## Language Groups

Join our weekly language groups at any time.  
All of them are **FREE** and **Drop-In!**

- Italian Class - Mondays, 9:30 am
- French Conversation- Mondays, 2 pm
- English Class - Tuesdays, 10am (Jan 13-Mar 17)
- Spanish Class - Wednesdays 10am
- Spanish Chat - Mondays 10am
- German Class - Wednesdays, 11:30 am
- **NEW TIME:** Mandarin Conversation- Fridays, 11am



## Manage Your Chronic Condition (S)

**Date: TBA**

**Sign up to show your interest!**

Developed by Stanford University, this **FREE** six-week workshop teaches adults who have chronic diseases to self-manage physical and emotional problems in their daily life. Topics covered in the program include healthy eating, relaxation techniques, ways to deal with negative emotions, action planning, decision making, communication with health professionals, and more.  
Sign up by calling 595-7444 to show your interest.

# Games & Social Engagement

## Twin Pines Cafe! (s)

**Join us for Chef-Prepared Meals  
from the Creekside Grill!**

Our menu & ambiance makes the Twin Pines Café the spot to enjoy a delicious lunch Co-Sponsored with the County of San Mateo.

There is a **suggested donation** of **\$4.00** for persons **60 and older** and an **\$8.50 fee** for anyone **under age 60**.

You must be signed up to have lunch. Phone 595-7444 to find out what's on the menu and to make your reservations, **at least 2 business days in advance**. (Hint: Sign up on Friday for Tuesday's Lunch!)

Transportation is available for Belmont Residents.

*Tuesday, Wednesday and Thursdays, 11:30am*



**SF Giants**

### Spring "Training"

Are you ready for the start of the SF Giants Spring Training? Then make sure you Sign Up for lunch on Thursday, March 5 for a chance to win official SF Giants gear!

Sign up at least 2 business days in advance!

### Community Outreach

Meet Councilmember Eric Reed on Thursday, March 19. Sign up at least 2 business days in advance!

# Games & Social Engagement

## Table Games

### It's your turn to play!

There is a game for everyone at Twin Pines. Games are played on a drop-in basis, no registration is needed so come when you can and join the fun!

### Bingo

**First & Third Friday, 1:00pm**

Sponsored by the Belmont Senior

\*In December we will have bingo on the 5th and 12th. No Bingo on the 19th.

### Mahjong

**2nd and 4th Fridays, 1:30pm.**

**FREE!**

Eastern style. Just drop in!

\*No Mahjong for December



### Hearts & Pinochle

**Wednesdays, 12:30 - 3:30pm**

Fun, classic games. FREE!

### Canasta

**Tuesdays, 12:00-3:30pm**

**Thursdays, 9:30 - 11:30am**

Experienced players and those who want to learn how to play this fun and easy game are welcome. FREE!



### Intermediate & Advanced Bridge

**Thursdays, 12:30 - 3:30pm**

Drop-in play. No partner needed. Begins promptly at 12:30pm. FREE!

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### Ukulele Jam & Sing-A-Long

All are invited to join the Twin Pines Senior & Community Center's Ukulele Jam and Sing-A-Long. Bring your ukulele or guitar, your voice and your "Aloha Spirit" to sing, or play and join in the fun!

2nd Monday each month, 10:00-11:30am



### Wii Bowling

**Thursdays at 12:15.**

**FREE!** You can do it standing or sitting, and have tournaments! Drop-in.

# COMMIT TO BE FIT

## BEAT ARTHRITIS (R)



Following the successful, grant-funded Exercise Against Arthritis program, this low-impact, gentle physical activity will reduce pain and decrease stiffness of persons with arthritis-related conditions. Each program runs for 8 weeks.

This fee-based program, taught by popular certified instructor Mary Furuta, will help you keep your joints flexible, muscles strong and increase energy and balance. All levels welcome.

**-Must be pre-registered to participate with the Parks & Rec department. (No drop-ins)**

-You can register for once a week or twice a week classes.

-No limit on number of students

-Missed classes can be made up with prior instructor approval.

### Fee:

Residents: \$40 Mon or Thu,  
\$80 Mon + Thu

Non-residents: \$48 Mon or Thu,  
\$96 Mon + Thu

Day:	Dates:	Code
Mondays	Mar 9-Apr 27	5225.104
Thursdays	Mar 12-Apr 30	5225.105
Mon + Thu	Mar 9-Apr 30	5225.106

**\*Look for the Summer Activity Guide on April 1 for new starting dates!**

*"I had spinal fusion (lumbar) 11 months ago and was having both low energy and reduced stamina. It was difficult finding a buddy to walk with or exercise with.*

*I feel like I've found a community of people to exercise with and feel comfortable with. In just a few weeks I'm able to do most of the exercises and not be so tired. I enjoy coming to class and am now motivated to start a walking regimen too. The enthusiasm and positive feedback of both the instructor Mary and my classmates is wonderful.*

*My mood is very much better. I've gone from 'I'm too tired!' to 'What else can I do today!' - Judy, 78*

# COMMIT TO BE FIT

## ZUMBA GOLD (R)

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. **Please wear comfortable clothes, supportive shoes and bring a water bottle.**

Register directly with the Parks & Rec department., or call 595-7441 for more info.

Fee: \$68 Residents, \$82 Non-residents (6 classes)

Day	Time	Dates
Wed	10:30-11:30am	Jan 1-Feb 11
Wed	10:30-11:30am	Feb 18-Mar 25



## GENTLE TAI CHI (S)

Tai Chi has been is gentle and brings invaluable benefits such as a healthier body, balance, coordination and stress reduction for men and women. The significant reduction in falls among adults who are practicing Tai Chi is why you should incorporate it into your exercise program. Our moves can be adapted to various fitness levels and abilities in a non-judgmental harmonious setting. This **FREE** class is taught by Elliotte Mao and is offered in partnership with Sequoia Hospital Dignity Health. In each session, **preference is given to New Students. Returning students will be placed on a Waiting List.**

Phone 595-7444 to sign up.

### Space is limited!

Dates:

Jan 6—Feb 24

Day: Tuesdays,

Time: 9:30-10:30am

Location: Twin

Pines Lodge, 40

Twin Pines Lane,

Belmont

Instructor: Elliotte

Mao



# COMMIT TO BE FIT

## STRENGTH TRAINING

Wednesdays, 8:45-9:30am

Targeted for adults over 60 but beneficial for everyone, the class concentrates on gradually building strength in the crucial muscles of the body to restore aligned, balanced posture and movement, strengthening the upper and lower body muscles. Join Sophia for this FREE class. You can bring a water and a mat for optional floor exercises.

Drop-ins welcome.



## MATTER OF BALANCE (S)

Tuesdays, 10-12noon,

March 31 - May 19

**Twin Pines Lodge, 40 Twin Pines Lane**

Many older adults experience concerns about falling and restrict their activities. This is an evidence-based program designed to manage falls and increase activity levels. Brought to you through a partnership by Dignity Health Sequoia Hospital and Stanford Hospital. Participants meet for 2 hours every week for 8 weeks for group discussions, role playing, videos and more. Exercise begins in the third session and continues each week. Attendance at all sessions is strongly encouraged.

## WALKS IN THE PARK

This walking group meets on Tuesday and Thursday mornings at 9:30am. Take a brisk stride or walk at your own pace to breathe in the fresh air and enjoy nature. Drop-ins welcome.



## CHAIR YOGA

Fridays, 9:30am

A free Yoga session for seniors. Come check it out and drop in!

## PING PONG

**2nd & 4th Fridays,  
1:30-3:30pm.**

Just Drop In! Bring your friends!

\*Note: No Ping Pong in December



## VIDEO FITNESS PROGRAMS

Have fun and get fit in our FREE video fitness programs, no reservations required.. Drop-in!

- **Low Impact Aerobics** - Mon & Wed 9:30am
- **NEW! Sit N Be Fit**- Mondays, 2pm
- **NEW! Go 4 Life** - Fridays, 1pm

# COMMIT TO BE FIT

## ROSEN METHOD MOVEMENT (S)

**Thursdays, 9-10am,  
Mar 12-Apr 30**

In this class you will be guided with music through gentle, unhurried movements, which are designed to improve alignment and flexibility while increasing range of motion, balance and strength. Instructor-in-Training Rosemary Field will help you connect with your body and mind, feeling balanced and refreshed at the end of each session. Wear comfortable clothing and supportive shoes. Phone 595-7444 to get your space for this FREE class.

## MONTHLY MINDFUL MEDITATION

**First Tuesdays, 9-10am  
Next Session: Feb 3**

Join us on the first Tuesday of each month. Through guided meditation, you will quiet the mind and body and be more aware of the present moment. Come find out what meditation is all about, and learn techniques to reduce stress and pain and become more aware of your body and the world around you. FREE! Drop-ins welcome.



## HEARING & HEARING AID CLINIC

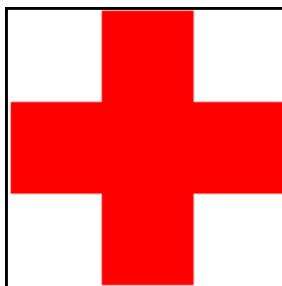
**Tuesday, February 17, 10:30am FREE!**

Drop by for a free hearing exam and also to get your hearing aid tested with Audiologist Teresa Testa, from the California Hearing Center. Sponsored by HomeCare Professionals, Inc.

## DIABETES SCREENING

**Wednesday, April 15**

Sequoia Hospital will be holding a blood glucose screening at the Center. For best results, a 4-hour fast is recommended. FREE. No reservation needed. Drop-in!



## BLOOD PRESSURE SCREENING

**3rd Tuesdays of each month,  
9-10am**

**Next session: Feb 17**

Free blood pressure screenings are held at the Twin Pines Senior & Community Center. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services. Just drop in! Next dates: Aug 19, Sept 16

# The Arts & The Crafts

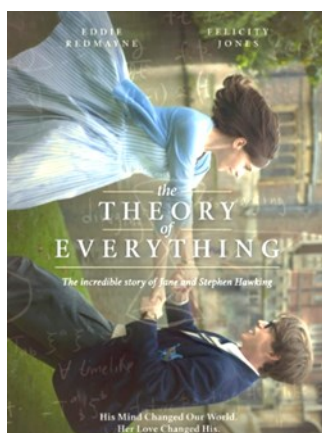
## NEW MOVIES

Are shown every Wednesday at 12:15pm. The movies are **FREE**. Check your Senior Tales Newsletter or phone (650) 595-7444 for the featured presentation.



Mar 4—“Birdman”

Mar 11—“The Theory of Everything”



Mar 18—“Whiplash”

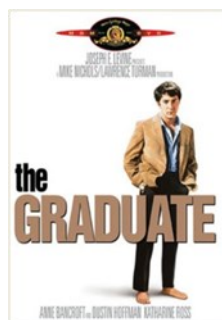
Mar 25—“Foxcatcher”



## CLASSICS

*Dustin Hoffman Month*

1st & 3rd and 5th Tuesdays of each month. Come have lunch at 11:30 then hop over to the next room to watch a classic film at 12:15!



Mar 3—“The Graduate” (1967)

Mar 17—“Kramer vs. Kramer” (1979)



Mar 31—“Rain Man” (1988)



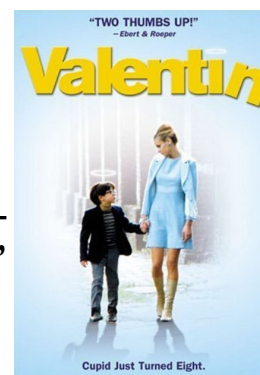
## FOREIGN FILMS

2nd & 4th Tuesdays of each month. Come have lunch at 11:30 then hop over to the next room to watch a classic film at 12:15!



Mar 10—“The Seventh Seal”

Mar 24—“Valentín”



# The Arts & The Crafts

## CRAFTS GROUP

**Tuesdays 12:30-2:30**

Although not a class, the Crafts Group is a friendly social group that meets to work on individual projects, and also on projects that will go on sale at the Center's display cabinet. All the proceeds from sales go directly to the Senior Fund. Bring your own project and join the fun.



## ART GROUP

**Thursdays, 1:00-3:30pm,**

Do you like to paint or work on art projects? Would you like to do it with company? Join several like-minded artists in spending a soothing afternoon creating art in a non-class setting. All experience levels welcome. Must bring your own supplies (paints, brushes, tools, cleaning supplies, easel). Chairs and 8-ft long tables are provided. Drop in!



# Get Involved

## Senior Advisory Committee

This group meets every other month to discuss items that impact the Twin Pines Senior and Community Center. Guests welcome.

## Volunteering - Enriching your life while helping others...

Do you enjoy meeting people? Want to make a difference in someone's life? Then consider being a volunteer at the Twin Pines Senior & Community Center. Volunteer opportunities include: lunch program and class leaders. Phone 595-7444 to find out how to get started in this fun and rewarding opportunity.

## Teachers Wanted!

Are you looking to give back to the community through a rewarding experience? We are looking for persons to lead classes & workshops in Bird Watching, Line Dance or your area of expertise. Both paid and volunteer positions will be considered.

Contact Cheri Handley at 595-7445 or [chandley@belmont.gov](mailto:chandley@belmont.gov) for more information.



## Belmont Senior Club

Meetings are held on the **third Tuesday of each month at 10:00am**. The Belmont Senior Club hosts afternoon Bingo. Games are typically held on the first and third Friday of each month at 1:00pm. Please phone 595-7444 for more information.

## Gracious Donations!

If you are a business or individual that would like to make a donation for Senior Services and Programs, please call Senior Services staff at 595-7444.

# Get Involved

## Gracious Donations!

Thank you to the Spanish Conversation group, who donated \$200 to the Senior Fund. Also big thanks to the Craft Group, who raised \$3,420 throughout 2014!



## Beauty in Fundraising

The Alvin Joe original watercolor, “Spring Explosions” of the Twin Pines Wisteria BBQ Patio has been made into 11” x 14” limited edition signed prints. They are available for \$25.00 each to raise money for Senior Services and programs.

**Notecards are also available in five-card packets for \$10.** Please see a staff member for purchase. Thanks to the businesses and individuals that have already purchased cards to benefit Senior services.

## The Senior Fund

### What is the Senior Fund?

The Senior Fund enriches the Twin Pines Senior & Community Center in many ways. It is a fund dedicated to enhancing the Center, senior services and our programs.

### How are the funds raised?

The funds are raised through generous donations received from individuals and businesses, along with fundraising efforts from our dedicated volunteers which include bread donations and needlecraft sales.

### What is the fund balance?

The fund balance is \$49,881. Revenue generated through fundraising and donations shall continue to be deposited into the fund; while expenditures can be withdrawn from the fund. Remaining fund balances are carried over annually, and there is no expiration date. This will be a viable enhancement to the Twin Pines Senior & Community and its programs and services for years to come. One example of fund use was the installation of a sound system in every room.

### How do I learn more?

Learn more about the fund by **attending the next Senior Citizens Advisory Committee** meetings. Do you have an idea for spending Fund money? Purchase request forms are available at the Twin Pines Senior & Community Center. Contact Cheri Handley for more info at (650) 595-7445 or [chandley@belmont.gov](mailto:chandley@belmont.gov)

# Services at Twin Pines

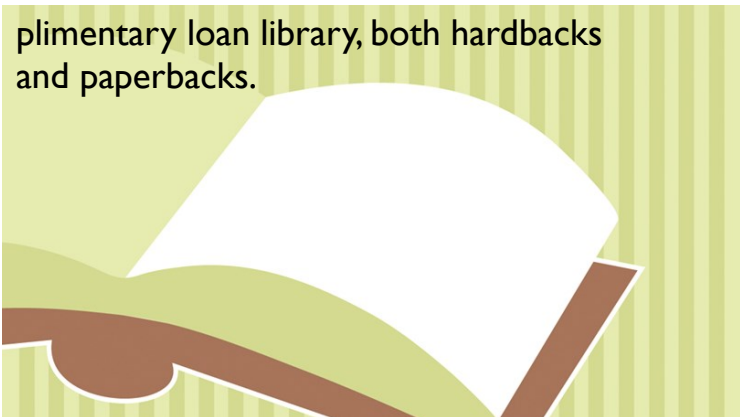
## Health Insurance Counseling & Advocacy Program (HICAP) (S)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center the second and fourth Thursday of each month, 9:00 am to 12:00 noon. For an appointment call 1-800-434-0222.

## Bread Program

Leftover bread from certain vendors is brought in by volunteers to the Center on Mondays & Wednesday mornings at 9:30am for a small donation. Two items per person permitted unless otherwise stated.

**Books** are available in our complimentary loan library, both hardbacks and paperbacks.



## The Vial of Life

During a medical emergency, a small plastic vial containing a slip of paper with a list of your medications and health issues could save your life. More than 40,000 seniors in San Mateocounty keep "The Vial of Life" in their refrigerators. Emergency responders are trained to check for the refrigerator for the vial. Get yours FREE at the Twin Pines Senior & Community Center. For more information call 650-595-7444.



## Reference Library: Free Services & Aid

We have a space dedicated for printed information on non-profit agencies that provide FREE assistance to seniors or low-income residents in several areas. You will find information on:

Legal Aid	Health Insurance
Home Care	Housing
Support Groups	Transportation
Home Health Agencies	Hospitals
Home Delivered Meals	Conflict Resolution

Drop by to pick up your free pamphlets or booklets!

## Free Wi-Fi!

We have wireless internet available for public use. Get your laptop and come down for a cup of coffee and "get connected". The center is open Monday-Friday from 8:30-4:00.

# SERVICES AROUND BELMONT

## SAFE MEDICATION DISPOSAL



Did you know that disposing of prescription drugs is hazardous to the environment? Toilet-flushed drugs are harming our fish and amphibians.

Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment and join in the drug drip off program.

## FARMER'S MARKET

**South Caltrain**

**Parking Lot**

**El Camino Real, Belmont**

Rain or Shine, year 'round

**Sundays, 9am - 1pm**

Fresh fruits, vegetables, breads and pastries, fresh flowers and much more! [www.pcfma.com](http://www.pcfma.com)



## TELEPHONE ASSISTANCE

Your telephone is a social connection, your link to family and friends, even a lifeline when you need help. If using the telephone has become difficult, Pacific Bell has FREE programs and services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility & cognitive limitations. Phone 1(800)806-1191.

## TELEVISED CITY COUNCIL & COMMISSION MEETINGS

You can now see Belmont City council meetings and the Parks & Recreation Commission meetings from the comfort of your own home or on the web. Council meetings are held on the 2nd and 4th Tuesday of each month at 7:00 p.m. Parks & Rec Commission meetings are held the 1st Wednesday of each month at 7pm. Belmont residents can watch the meetings on Channel 27 (Comcast only) or on [www.belmont.gov](http://www.belmont.gov) >City Hall >Meetings. Now you can "stay tuned" to what's happening in Belmont.



## IMPORTANT NEWS AND INFORMATION - YOUR STRONGEST WEAPON TO FIGHT HEALTH CARE FRAUD

**1-800-HHS-TIPS (1-800-447-8477)**

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, anytime you believe you have information about fraud. You do not have to give your name to make a real difference.

## SENIOR CENTER WITHOUT WALLS

Senior Center without Walls offers activities, friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. You can participate from the comfort of your own home through telephone conference calls, and it's free! No charge is added to your phone bills. The groups are completely free. Phone 1-877-797-7299 for more information.



## Twin Pines Senior & Community Center — Lunch Program Policies

The Lunch Program is provided through a grant awarded by San Mateo County and run by Volunteers. Funding is limited; therefore we must comply with certain policies to ensure **everybody gets equal opportunity** to enjoy the delicious meals catered by Creekside Grill.

### Cost

Age 60 and over: Suggested donation of \$4 per person

Age 59 or less: There is a fee of \$8.50

### Reservations

- ♦ Sign up as early as possible. The final count is sent to the caterer 2 days before the meal. Popular events require earlier reservations.
- ♦ “Dropping in” does not guarantee a meal, as there are only a specific number of meals delivered by our Caterer. Make sure you signed up on the reservation list first.

### On arrival

- ♦ The Dining Room opens at 11:00am. Lunch is served at 11:30am. Please wait in the Lobby before that.
- ♦ When the doors open attendees must first register at the Check In table with the Volunteer.
- ♦ Make sure you get your ticket to show to the Servers. This ticket is non-transferrable.
- ♦ We discourage reserving seats for non-present parties. Everyone has a right to sit where they choose, as it is first come, first served, and we encourage you to meet new people. If you want to sit with your friends, please be polite to others and wait for your party to arrive before taking a seat.
- ♦ If you have trouble finding a seat, please talk to the Lunch Coordinator, Natalie, and she will help you find a spot.
- ♦ **People without a reservation or “guests” cannot go into the Dining Room. Limited seating is available only for people on the List.**
- ♦ **Any arrivals after 11:45am are considered No-Shows and forfeit their place.** It will go to the first person on the Waiting List. Late arrivals must first go to the Check-In Volunteer to see if there are any open spots left.

### Waiting List

- ♦ If you are on the Waiting List, there is **no guarantee** that you will be able to partake of a meal. You can call ahead to see if there were any cancellations.
- ♦ Those on the Waiting List must wait in the Lobby until 11:45am. After 11:45am you can Check-In with the Volunteer at the Check-In desk to see if there are any open spots available.

### Cancellations

- ♦ If you signed up and can't attend, please notify the Twin Pines Senior & Community Center as soon as possible by calling (650) 595-7444.
- ♦ Your reservation goes to the people on the Waiting List. It would not be fair to them to give your spot to a friend or acquaintance who did not sign up.

\*To be in compliance with our contract with the County San Mateo,  
participants are discouraged from taking lunch food home.  
This policy is in effect to prevent food-borne illness.\*



# Twin Pines Lunch Program

## March 2015


(650) 595-7444



Aging & Adult Services  
Agency

20 Twin Pines Lane, Belmont  
www.belmont.gov/adults

\*Please read our Lunch Policies in the back\*

Tuesday		Wednesday		Thursday	
3	<b>Make it Snappy</b> Grilled snapper, Lemon Sauce, Potatoes, Broccoli, Bread, Dessert	4	<b>Garfield's Favorite</b> Chicken & pesto Lasagna, Salad greens, Veggies, Garlic bread, Dessert	5	<b>Spring Training: Giants Gear Raffle!</b> Beef stroganoff w/ Brown rice, Cucumber & Tomato Vinaigrette Salad, French bread, Dessert
10	<b>That's Amore!</b> Spaghetti w/ turkey meatballs & sauce, Green salad, Garlic bread, Dessert	11	<b>Country Turkey</b> Roasted turkey breast, Mashed potatoes, Broccoli & carrots, Bread, Dessert	12	<b>March Birthday Lunch!</b> Chicken parmesan, Angel hair pasta, Vegetable medley, Broccoli & Cauliflower, Dessert
17	<b>St. Paddy's Lunch</b> Slow-roasted pork roast, Mashed potatoes, Spring Salad, Mixed vegetables, Bread, Dessert	18	<b>Tex-Mex</b> Carnitas (pork) soft tacos, Lettuce, Tomatoes, Sour cream, Spanish rice, Black beans, Dessert	19	<b>Community Outreach: Meet Councilmember Eric Reed</b> Grilled tilapia w/ Lemon dill, Poached potatoes, Peas & Carrots, Salad greens
24	<b>In the Lemonlight</b> Chicken-Lemon Piccata, Angel hair pasta, Carrots & broccoli, Dinner roll, Dessert	25	<b>Country Cookin'</b> Oven-baked pork loin, Mashed potatoes & Gravy, Dinner salad, Bread, Dessert	26	<b>BBQ Classics</b> BBQ Pork ribs, Coleslaw, Potato salad, Cornbread, Dessert
31	<b>Bird on a Bun</b> Ground Turkey burger, Potato salad, Fresh fruit salad	<p><b>**Remember to sign up at least 2 business days in advance!</b> (call on Fridays to sign up for Tuesdays)</p> 			

Menu is subject to change.